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Lansdowne or Kanata?

Committee sets stadium criteria

TIM WIECLAWSKI
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Debate

• A final decision on whether the city endorses one, both or neither stadium proposal is expected on April 22.

While some people may be trying to determine whether a sports stadium is best built in Kanata or at Lansdowne Park, others may be trying to decide which is the "least worst."

"Both of the proposals call for taxpayers to undertake some risk in making payments that could be repaid if the stadium and the franchise is successful," said Knoxdale-Merivale Coun. Gord Hunter. "But if they are not successful ... then that's a risk to the taxpayers. We won't get a long-term return on investment."

Yesterday, the city's planning committee approved the assessment process for evaluating both proposals.

Out of six main criteria, risk to the city is weighted at 35 points out of 100. The overall need for a stadium will be scored out of 25 points. Just how strong the business plan for each stadium is will be weighted at 20 points. The remaining 20 points are spread evenly between facility design and site considerations.

By stressing the amount of risk to the city, Capital Ward Coun. Clive Doucet said, it could cast an element of doubt on both proposals.

Since there is a trend toward central urban intensification, Doucet said a stadium out in Kanata is not a good long-term location and the focus of the debate should be if either of the sites are ideal for the next 100 years.

A seven-member assessment team consisting of city staff with expertise in finance, real estate and servicing, as well as a consultant who has already evaluated the Lansdowne Live proposal will be tabling a report with their recommendation on March 25.

Both the Lansdowne Live group and Senators Sports and Entertainment will present their vision to a joint meeting of the city's planning and environment and the corporate services and economic development committees on April 6.

ShareYourViews
ottawaletters@metronews.ca

Tibet **Half a century marked**

CHRIS WATTIE/REUTERS

Tears roll down the face of a pro-Tibet activist during a demonstration yesterday on Parliament Hill to mark the 50th anniversary of the Tibetan uprising against China. The Dalai Lama, Tibet's leader-in-exile, spoke to thousands in India, lamenting the destruction of his homeland. Story, pg 5

City nearing housing 'crisis,' advocate says

RENTALS The vacancy rate for rental units in the capital has dropped to the lowest level in nearly a decade, prompting some to warn the city is approaching an affordable housing "crisis."

"We need the provincial and federal governments to really step up and provide both the policies and the money for more affordable housing," said Trudy Sutton, who helps people find affordable housing in the capital.

In the last four years, construction of rental properties in Ottawa has dropped dramatically. Now, Ottawa's vacancy rate is at 1.4 per cent, the lowest level in eight years.

"I think we're approaching a crisis," said Sutton.

CTVOTTAWA.CA

Celebrity Buzz pg 14

Miley opens up in new book

Riding the **Recession**

Now through the end of March, Metro will share advice on how to cut down on expenses and navigate your way through the recession.

Metro Drive

• **Put the brakes on car maintenance costs and keep the mechanic away, pg 10**

Coming Up

• **We serve up some local meals for a steal.**

• **Some film suggestions to take your mind off your own financial problems.**

Better hiring prospects expected in 2nd quarter: Manpower

EMPLOYMENT Job seekers, take heart — Ottawa area employers are expecting a more positive hiring climate for the second quarter of 2009, the Manpower Employment Outlook Survey released yesterday stated.

Survey data show that 15 per cent of Ottawa employers plan to hire for the upcoming quarter, which goes from April to June, while three per cent anticipate cutbacks, said Manpower Ottawa's Devon Rutherford.

In terms of hiring, Ottawa is on par with or faring better than the rest of the country — Canada-wide, 15 per cent of employers expect to increase their payrolls in the second quarter of 2009, while nine per cent anticipate cutbacks.

In Ottawa, 78 per cent of area employers plan on maintaining current staffing levels and four per cent are unsure of their hiring plans for the upcoming quarter.

Of the 10 surveyed industry sectors, employers in the services sector, followed by public administration and construction, reported the most favourable hiring outlook, while the finance, insurance, real estate, transporting and retail trade sectors showed a less favourable hiring outlook.

TRACEY TONG/METRO OTTAWA

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*Total points = 5 x (dollar amount x 50). You will receive 250 points per dollar spent. This offer cannot be combined with any other bonus offer. If you refund the purchase(s) made in connection with this offer, points will be reduced by the bonus amount, using the same formula. Terms and conditions of the Hbc Rewards program found online at www.hbc.com/rewards apply to this offer.

BEAUTY *at the Bay*

Voyageurs sign a third baseman
The Ottawa Voyageurs have signed third baseman Trino Aguilar for the 2009 season. The former Winnipeg Goldeye is Ottawa's seventh player under contract for the upcoming season, which opens in May. METRO OTTAWA

Local

Students get real-life experience

Civil engineering students at Carleton University now have the opportunity to graduate with a concentration in fire safety thanks to a new initiative by the school's department of Civil and Environmental Engineering. Students who choose to focus their studies will get hands-on experience working on full-scale experiments at the school's unique fire research facility in Almonte. METRO OTTAWA

Melnyk makes pitch for soccer

Senators owner says stadium for an MLS team better option than CFL

TIM WIECLAWSKI
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Leveraging his success in turning a bankrupt Ottawa Senators team into one of the NHL's most stable franchises, club owner Eugene Melnyk guaranteed that a professional soccer team with its own stadium in Kanata would be successful under his management.

"I want to ensure the committee and council that I will personally bring the same determination and fervor to an MLS franchise and I have brought to the Ottawa Senators and Scotiabank Place," Melnyk said yesterday during a rare appearance at city hall in attempt to sell a proposed stadium to the city's planning committee.

TIM WIECLAWSKI/METRO OTTAWA

Eugene Melnyk, owner of Senators Sports and Entertainment, left, and SSE chief operating officer Cyril Leeder made a presentation on their proposed Kanata stadium to the city officials yesterday.

The proposed $110-million stadium, funded mostly through government, would house a Major League Soccer team, which Senators Sports and Entertainment is attempting to bring to the city.

The Kanata stadium is competing with a proposal from a group of local developers to refurbish Lansdowne Park and bring a CFL franchise back to the city.

Melnyk insists that an MLS team would provide far more consistent revenue for a large outdoor stadium, than a football franchise.

"We performed a thorough and painstaking business analysis on Major League Soccer," he said. "I do not believe there is any other stadium model that could serve the community better and be as financially viable."

While the stadium would be multi-use, it is unlikely a CFL franchise occupy the stadium at the same time as an MLS franchise, said SSE chief operating officer Cyril Leeder.

"You would be splitting the revenue streams from one facility amongst two teams. Instead of having one strong team, you would have two marginal teams," he said.

Leeder said it would be more practical to establish one team, and then consider the business case for the other.

Although SSE is focusing all their energy on building a stadium next to Scotiabank Place, Leeder would not rule out building somewhere else, although he said he firmly believes it is the best location.

Charges laid in massive pot bust

CRIME Two men have been charged in connection with one of the largest marijuana grow operations in Canadian history.

The operation was taken down in September 2008 when the Upper Ottawa Valley Crime Unit and members of the Ontario Provincial Police drug enforcement section and the emergency response team seized over 40,000 marijuana plants from a farm just outside Pembroke.

Along with the drugs, which had an approximate street value exceeding $40 million, two tractors, a combine and several other pieces of equipment were seized.

According to officials, this was the largest takedown since the Barrie Brewery Plant operation in 2003. JESSICA PERREAULT/ FOR METRO OTTAWA

Dump-truck crash leaves one hurt

COLLISION A female driver was injured after a dump truck collided with a car in south Ottawa late yesterday morning.

The collision occurred at 11:18 a.m. on Rideau Valley Drive near the intersection of Barnsdale Road. Paramedic spokesperson J.P. Trottier said paramedics treated a woman for minor injuries, including bumps and bruises, at the scene.

The driver of the truck was not injured.

TRACEY TONG/METRO OTTAWA

Atheist group planning protest over transit ads

TRACEY TONG
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SPEECH Members of a local atheist group looking to have their controversial advertisements placed on OC Transpo buses will be holding a peaceful protest at city hall this morning.

About two dozen members of the Humanist Association of Ottawa and their supporters will arrive at city hall at 9:30 a.m. in hopes that council will allow the group to place their ads — which read: "There's probably no God, now stop worrying and enjoy your life" — on OC Transpo buses.

"We were declined originally by the staff of OC Transpo to place our ad," said Steve Zabarylo, a director for the Humanist Association of Ottawa. "We hope it will receive an approval from council."

City council will be voting on a motion to overturn OC Transpo's refusal to allow atheist bus ads on city buses today.

"The protest is to let city council know that we are there and that we wish them to change the decision and, if necessary, to revisit the policy and make sure … the freedom of speech is protected," he said.

There are a number of purposes to the ads, Zabarylo said.

"The common goal is to open a discussion. In a pluralist society, nothing should be above being questioned.

"And another thing is to reach out to people among us who are non-believers and let them know they are not alone," he said. "Non-believers are a significant aspect of the population. In this area, we probably range between 15 to 20 per cent of the population, which, after Roman Catholic, is the most identifiable group."

The ads aren't intended to offend, Zabarylo said.

Crown blasts accused's 'theories'

TRACEY TONG
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"I expect you're fully confused by the theories by Mr. Tehrankari."
Assistant Crown attorney Michael Boyce

TRIAL Allen Tehrankari presented "disjointed," "fractured," and "convoluted" theories throughout his murder trial in the death of Barbara Galway, the Crown said in closing statements yesterday.

"I expect you're fully confused by the theories by Mr. Tehrankari," assistant Crown attorney Michael Boyce told the jury and a packed courtroom yesterday.

Tehrankari's accusations that police were trying to frame him were "preposterous," said Boyce, adding that Tehrankari had also said that witnesses called during the trial were in on the conspiracy.

On Jan. 6, 2005, Galway's burned remains were found near a hiking trail in Mer Bleu. Tehrankari, who is charged in her murder, is representing himself — a rare move in such a trial as this — in court after a mistrial two years earlier.

The Crown alleges that Tehrankari sexually assaulted and killed his sister-in-law in his South Keys home and that he dumped her body and set it on fire.

Tehrankari argued in court that on the day Galway disappeared, two intruders sexually assaulted him in his own home at gunpoint and extracted his semen. He said the DNA had been planted in her body to frame him.

The accused said he was unable to say whether the intruders were men or women because they had "whispered" to him, ordering him not to look at them.

Several things Tehrankari said just "defied logic," the Crown attorney said.

Shortly after Tehrankari testified that the intruders had left his home and his wife returned, the accused "leaves his wife and child alone and goes outside to run errands, including doing some ice chipping because his in-laws were coming that week, and he leaves for work two hours and 15 minutes early," Boyce said.

The Crown told the jury that Tehrankari was "showing interest in Galway. He was enamoured with her.

"But Ms. Galway didn't want her sister's marriage to be jeopardized because of her brother-in-law's straying," Boyce said.

On Jan. 5, 2005 — the day of her death — Galway had planned to approach the accused and her sister about his inappropriate behaviour.

"But he wouldn't have that," Boyce told the court.

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What's online today.

Video Prime Minister Harper says Canada is poised to profit from the global recession at **metronews.ca/canada**

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THE BAY

4 **Prize cars should be Canadian-made: Ontario**
Ontario's Infrastructure Minister George Smitherman is upset that the province's lottery commission has purchased foreign-made Mercedes-Benz cars to use as prizes. TORSTAR NEWS SERVICE

Canada

Stimulus money to be spent quickly, PM says

Ottawa will start pouring $20 billion of stimulus spending into the economy on April 1 as part of its plan to fight off the global financial crisis, Prime Minister Stephen Harper said in an upbeat speech yesterday.

Harper, whose minority Conservative government plans to spend $40 billion in stimulus over the next two fiscal years, said his officials had slashed red tape to ensure the money could be spent quickly.

"As a result, by April 1, the government will be able to start pumping $20 billion directly into the economy, representing close to 90 per cent of the stimulus for this fiscal year," he said in the prepared text of a speech in Brampton, Ont.

Harper said the government would make most of the stimulus funding available on April 1, and said the rest would be available within five months.

The spending will rack up $64 billion in budget deficits over the next two fiscal years. Harper repeated his line that the deficits would be temporary.

The prime minister, criticized for mishandling the economic downturn, said the government's actions would ensure that Canada emerged in the best position of any advanced nation.

"Canada was the last advanced country to fall into this recession. We will make sure its effects here are the least severe and we will come out of this faster than anyone and stronger than ever." REUTERS

Job numbers 'not likely to be good'

- The Canadian economy will have a difficult 2009, and jobs data due later this week will be the latest evidence that it is being hit hard by the global economic slowdown, Finance Minister Jim Flaherty said yesterday. "These numbers are not likely to be good," Flaherty told the Senate's finance committee.

Vancouver **Another shooting**

ANDY CLARK/REUTERS

A police officer comforts a distraught woman who showed up at the scene of a shooting that left two people dead inside an apartment yesterday in Vancouver. Since mid-January, there have been 33 shooting incidents in Vancouver and the surrounding area.

Pushing for Arctic sovereignty

TERRITORY Canada is stepping up diplomatic efforts to protect its Arctic sovereignty, a move that comes as other northern nations eye the vast area's resource wealth and melting ice invites new shipping.

In a speech today, Foreign Affairs Minister Lawrence Cannon will make clear Ottawa's claim on its Arctic territory, a message he then intends to take directly to Canada's northern neighbours over the coming months.

"As the prime minister stated many times, if someone threatens our Arctic sovereignty, we will push back," one federal official said, speaking on background. TORSTAR NEWS SERVICE

May may run in B.C. byelection

POLITICS Green Leader Elizabeth May says she would consider running for a seat in a soon-to-be-vacant riding out west, but will not make up her mind until a byelection is called.

New Democrat MP Dawn Black announced over the weekend she would resign her federal seat in the British Columbia riding of New Westminster-Coquitlam to run in the May 12 provincial election.

May has said repeatedly since losing to Defence Minister Peter MacKay in Central Nova last October that she would be willing to run in a byelection anywhere else in the country. But she was noncommittal yesterday about trying to replace Black.

"I don't rule it out, but I can't make any decisions in the context of which we might have a general election before a byelection," she said. "Until the timing is clear and the writ is dropped, I won't be making any decisions."

TORSTAR NEWS SERVICE

News in brief

LISTERIA A proposed $25-million settlement in a class-action lawsuit against Maple Leaf Foods over last year's listeriosis outbreak was approved yesterday by a judge in Saskatchewan, moving the case toward a conclusion.

CBC NEWS ONLINE

Millions of birds culled illegally: Group
More than 1.1 million songbirds prized as culinary delicacies were illegally slaughtered by trappers in Cyprus in the past year, a conservation group said yesterday. REUTERS

World

Ireland, U.K. talk peace

Backlash fears raised after policeman, soldiers slain

Irish and British politicians vowed yesterday to defend the peace process between Northern Ireland's Protestants and Catholics after attacks on security forces by republican dissidents threatened a return to conflict.

The Continuity IRA killed a policeman on Monday, two days after another splinter group shot dead two British soldiers at an army base, in attacks that raised fears of a backlash from pro-British loyalists.

"These people, a small group of evil people, have the capacity to kill and to maim," said Irish Foreign Minister Micheal Martin at a news conference with British ministers.

"What they don't have is the capacity to undermine the advances that we've made in society on the island of Ireland."

A 1998 power-sharing deal brought relative calm to Northern Ireland after 30 years of bloodshed between minority Irish Republican Catholics and pro-British Protestants.

The Continuity IRA and the Real IRA, which claimed Saturday's attack, oppose the peace settlement and have pledged to keep up their fight until British rule is overthrown and Ireland united. They do not have widespread support in the province's Catholic community, with a membership in the low hundreds. But their actions have the potential to fuel tit-for-tat violence.

"That has to be a worry that there will be a reaction from loyalist paramilitaries who have more or less gone off the pitch," Ireland's Justice Minister Dermot Ahern said.

REUTERS

Arrests

- A 17- and a 37-year-old were arrested in connection with the policeman's killing, police said yesterday.

Kashmir **Special day of worship**

DANISH ISMAIL/REUTERS

A Muslim raises his hands as he looks at the relic of Mohammed on display during the Eid Milad-un-Nabi festival at the Hazratbal shrine in Indian Kashmir yesterday. Tens of thousands of Kashmiri Muslims offered special prayers during the anniversary of the birth of Mohammed.

News in brief

SHOOTING A shooting in southern Alabama killed at least 10 people yesterday afternoon, including the gunman, police confirmed. The shooting happened in Samson, Ala., about 15 miles from the Florida border, a police dispatcher told CNN.

BEHEADINGS Suspected drug gang hitmen dumped five severed human heads in ice coolers on a road in western Mexico yesterday with a message threatening rivals, a state attorney general's office said. Torturing and beheading rivals is common in Mexico's increasingly vicious drug war.

METRO NEWS SERVICES

Dalai Lama denounces Chinese presence in Tibet

ASIA The Dalai Lama said yesterday more and more Chinese were beginning to see a problem with Beijing's rule over Tibet, lamenting how the homeland he fled 50 years ago had become a "hell on Earth."

Speaking before some 10,000 Tibetans from around the world, the 73-year-old slammed China for bringing "untold suffering and destruction" during a series of repressive, violent campaigns in Tibet since 1959.

"These thrust Tibetans into such depths of suffering and hardship that they literally experienced hell on Earth," he said from the main Buddhist temple in Dharamsala, India, where the Tibetan government-in-exile is based.

China tightened security across ethnic Tibetan areas, aiming to head off potential unrest on the 50th anniversary of an uprising that prompted the Dalai Lama's flight into exile in India.

REUTERS

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A sign of the times

TheWestView

Paul Sullivan

metronews.ca/thewestview

Every Sunday morning at my house, a miracle happens. It's not what you're thinking; although it's the closest thing I have to a spiritual experience.

Because every Sunday morning the Sunday New York Times arrives on my doorstep.

There it is, brimming with substance, weighing in at five pounds (although it's gone on a diet lately) stuffed with "All the News That's Fit to Print:" the world's greatest newspaper.

I sit down with a mug of fresh coffee and get lost for a couple of hours with great columnists, fantastic reporting from around the globe and the New York Times Book Review, my very favourite thing. Via the Sunday Times, I reconnect weekly with the best of civilization.

So how can it be that this miracle is in jeopardy? That the Times, along with at least a dozen other major U.S newspapers and Canwest, Canada's biggest newspaper chain, are in danger of dying if they aren't, like the Rocky Mountain News in Denver, already dead?

Well, it's a long story, kids, and because it is happening to journalists, it is being reported with extreme diligence. Check out: mediafade.blogspot.com, poynter.org or j-source.ca for obsessive coverage. And for the unthinkable demise of the Times, go to theatlantic.com and read End Times: Can America's paper of record survive the death of newsprint? Can journalism? Shiver.

The newspaper industry is partially to blame for its own troubles: It has been slow and erratic in its response to the challenge of online and mobile news. You could argue it is a senseless act of wanton destruction to kill trees to publish the National Post. But the industry can hardly be blamed for the demise of the economy or that advertising revenue is drying up faster than ink on the page.

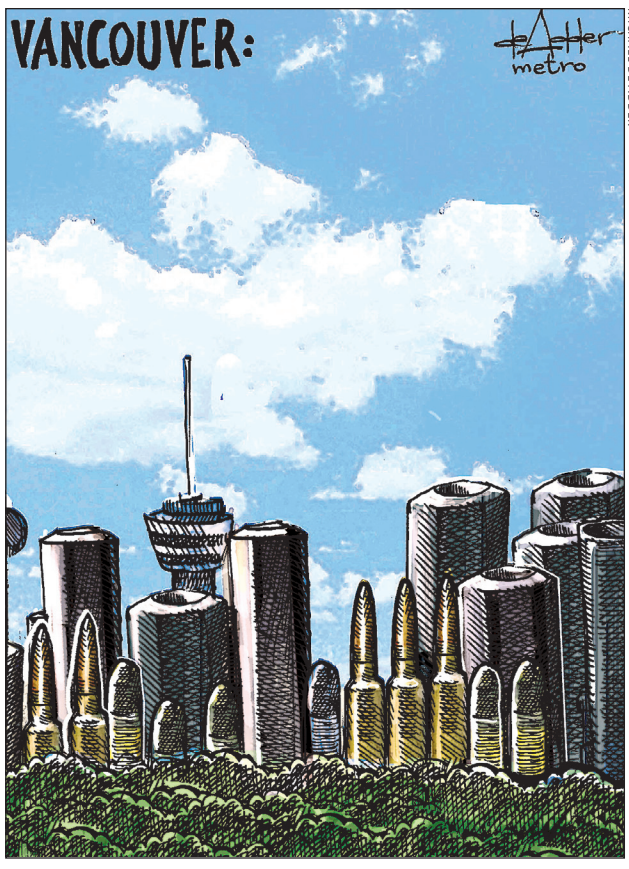
And while I admire the feistiness and pluck of the Metro chain and its commuter model, I have to wonder what happens the day the big metro dailies die.

The coffee-mug-half-empty analysis is that newspapers and their handsomely funded newsrooms are the wellspring of the news and all the others — TV, radio and Google — are mainly parasites. And we're going to find out just what we've lost when they're gone.

But the coffee-mug-half-full analysis is that while it will change, the news will never die. People will always want to know what's going on and there will always be people with a nose for news who are ready to tell them. Does it matter how we get it, as long as we get it? And anyway, there's no news in a newspaper. By the time we get it, it's a museum, full of stuff we read online at least 24 hours ago. Let it go.

So why can't I let go? I guess I'm finally going to have to face it. While I was standing by the window waiting for the Times, the times just passed me by.

Paul Sullivan is a Vancouver-based journalist and owner of Sullivan Media Consulting; vancouverletters@metronews.ca.



MICHAEL DE ADDER

Worth mentioning

Sea levels rising faster than expected: Scientists

The U.N.'s climate change panel may be severely underestimating the sea-level rise caused by global warming, climate scientists said recently, calling for swift cuts in greenhouse emissions.

"The sea-level rise may well exceed one metre by 2100 if we continue on our path of increasing emissions," said Stefan Rahmstorf, professor at the Potsdam Institute for Climate Impact Research. "Even for a low emission scenario, the best estimate is about one metre."

Rahmstorf spoke at the International Scientific Congress on Climate Change in Copenhagen. The U.N.'s Intergovernmental Panel on Climate Change in 2007 predicted global warming would cause sea levels to rise by between seven inches and 23 inches this century. The IPCC said at the time the estimate could not accurately take into account factors such as the melting of ice sheets in Greenland and Antarctica. Many scientists criticized the number as too conservative.

"The ice loss in Greenland shows an acceleration during the last decade," said veteran Greenland researcher Konrad Steffen, director of the Cooperative Institute for Research in Environmental Sciences at the University of Colorado, Boulder.

"The ice loss in Greenland shows an acceleration in the last decade."
Konrad Steffen

John Church, a researcher at the Centre for Australian Weather and Climate Research in Hobart, said rising oceans will lead to more frequent devastating floods in coastal areas.

The faster humans limit carbon dioxide emissions, the greater the chance to avoid the most extreme scenarios, he said.

"We could pass a threshold during the 21st century that can commit the world to metres of sea-level rise," he said. "Short-term emission goals are critical." REUTERS

Word on the street: Do you believe news media play an important role in today's society?

Loueiza Skaf
age 26, Ottawa
A: Of course. It gives us information and desensitizes us from what's going on in the world. It also prepares us.

Amanda Bronstein
age 20, Ottawa
A: Yes, but it's actually a bad role. There's too much celebrity coverage.

Sebastion Tier
age 31, Ottawa
A: Yes, but it's dependent on people using the information in the right fashion.

Dominic Catellier
age 25, Ottawa
A: Yes, people watch it and are easily influenced by it. People use the media as an authority and take it as fact.

Gia Smith
age 39, Calgary
A: Yes, because of the media, people get all the information they need and rely on.

Karl Williams
age 45, Vancouver
A: Definitely. Just because of all the current events that are brought out every day.

It's your turn to tell others what you think. Email your thoughts and opinions to: ottawaletters@metronews.ca
Letters must include sender's full name, address and phone number – street name and phone numbers will NOT be published. We reserve the right to edit letters.

eBay seeks OK for employee option exchange program
eBay Inc. is asking stockholders to approve a one-time program to let employees exchange their "underwater" stock options for restricted stock units at a set ratio, according to a U.S. regulatory filing. **REUTERS**

Business

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EDITOR: FERMIN.DESOUZA@METRONEWS.CA

The power of traffic

Company looks to roads, railways for energy

An Israeli energy startup wants to turn irritating rush hour traffic into a source of electricity.

Innowattech, a company affiliated with Israel's Technion Institute of Technology, said special generators placed under roads, railways and runways can harvest enough energy from passing vehicles to mass-produce electricity.

The generators contain material that produces electricity when mechanical force is applied, like the pressure from a passing car's tires.

The process, known as piezoelectricity, has been used for years on a smaller scale, including in barbecue lighters and a dance club where dancers' feet light the floor.

Uri Amit, chairman of Innowattech, said the company's technology will be the largest application of piezoelectrics to date, with a single one-kilometre lane of highway providing up to 100 kilowatts of electricity, enough to power about 40 houses.

The technology has its limitations since it can collect a steady flow of electricity only from busy roads and rails. But Amit said that in any case, peak-hour morning and evening demand for power coincide with heavy traffic at the start and end of the business day.

REUTERS

Timeline

- Innowattech's Uri Amit said the first pilot program will begin in the coming months on a 30-metre strip of highway outside Tel Aviv, and that similar projects could start internationally in 2010.

AIG bailout good to banks as investors bleed

FUNDS The $173-billion US government rescue of American International Group Inc. is stoking resentment among investors who see it as a backdoor taxpayer bailout of banks such as Goldman Sachs.

AIG continues to bleed red ink and its stock and bond holders have been crushed, but one group has suffered almost no damage: Banks that bought credit protection from AIG Financial Products.

Regulatory filings show that since the Federal Reserve announced its rescue of AIG on Sept. 15, about $50 billion of government money has passed through the company to banks.

REUTERS

In brief

CAW Members of the Canadian Auto Workers union are voting on a tentative deal with General Motors Canada that would result in savings of several dollars an hour in costs for active workers and cost reductions for retirees. The results of the vote are expected late today.

FORECAST Vancouver-based Ballard Power Systems said yesterday that it does not expect to turn a profit in 2009, based on the Canadian fuel cell developer's growth forecasts, which are not being hurt by cancelled orders. Ballard maintains that profitability will take place in the "near term."

REUTERS

Chicago U.S. stocks rebound

JOHN GRESS/REUTERS

Traders react in the S&P 500 pit at the Chicago Mercantile Exchange yesterday. U.S. stocks rose about five per cent yesterday after Citigroup reported profits in the first two months of 2009 and a key lawmaker said he expects the restoration of a rule that makes it harder to bet that a share's price will fall.

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U-20 Canadians look to advance
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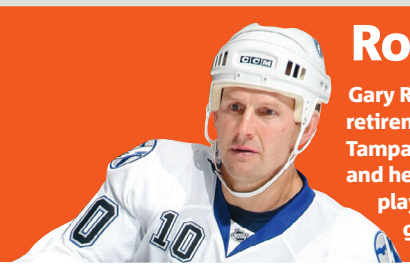
Sports



Roberts retires

Gary Roberts ended his 21-year NHL career yesterday, announcing his retirement during a conference call. The move was expected after the Tampa Bay Lightning placed the veteran forward on waivers last week and he was not claimed. Roberts, who began his career with the Flames, played his final NHL game in Calgary on March 1. He retires with 438 goals, 471 assists and 2,560 penalty minutes. METRO NEWS SERVICES

EDITOR: JOHN.CHICK@METRONEWS.CA

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End of staged fights?

The National Hockey League appears poised to reduce fighting.

NHL general managers proposed at the GM meetings yesterday that a 10-minute misconduct penalty be given to players who engage in staged fights after a faceoff. They also suggested that the instigator rule be more strictly enforced, particularly in cases where a player wearing a visor initiates a fight or a

player drops the gloves after a teammate has been bodychecked.

Of the first 500 fights this season, the NHL says 108 occurred right after a faceoff.

Another 118 came in instances where a player was responding to a teammate getting hit.

That number has risen sharply over the years because of the trend where players begin fights after almost any teammate gets hit.

In the past, that kind of response was usually reserved for times when a star player was taken out. METRO NEWS SERVICES

SCOREBOARD

NHL

EASTERN CONFERENCE

	W	L	OT	P
d-Boston	43	16	9	95
d-New Jersey	43	20	3	89
d-Washington	40	21	6	86
Philadelphia	35	19	10	80
Montreal	36	24	7	79
Pittsburgh	36	26	6	78
Carolina	36	27	5	77
Florida	34	24	9	77
N.Y. Rangers	34	25	8	76
Buffalo	33	26	7	73
Toronto	27	28	13	67
OTTAWA	26	29	10	62
Atlanta	25	35	6	56
Tampa Bay	21	32	13	55
N.Y. Islanders	22	37	8	52

d-division leader

YESTERDAY'S RESULTS
Toronto 3 N.Y. Islanders 2 (OT)
Montreal 4 Edmonton 3 (OT)
New Jersey 3 Calgary 2
Columbus 2 Boston 0
Philadelphia 5 Buffalo 2
Pittsburgh 4 Florida 3 (SO)
Phoenix at Detroit
Washington at Nashville
San Jose at Minnesota
Dallas at St. Louis
Atlanta at Colorado

NBA

EASTERN CONFERENCE

	W	L	PCT
dx-Cleveland	49	13	.790
dx-Boston	49	15	.766
d-Orlando	46	17	.730
Atlanta	36	28	.563
Miami	34	29	.540
Detroit	32	30	.516
Philadelphia	30	31	.492
Chicago	29	35	.453
Milwaukee	30	37	.448
Charlotte	28	35	.444
New Jersey	28	35	.444
Indiana	28	38	.424
New York	26	37	.413
Toronto	23	41	.359
Washington	15	49	.234

d-division leader
x-cliched playoff spot

YESTERDAY'S RESULTS
Utah 112 Indiana 100
New York 120 Milwaukee 112
Charlotte at San Antonio
Dallas at Phoenix
Oklahoma City at Sacramento
Cleveland at L.A. Clippers

Sports in brief

SOCCER Liverpool manager Rafael Benitez never dreamed of beating his former club Real Madrid by such a large margin after watching his team thrash the Spaniards 4-0 in the Champions League, he said yesterday. Two goals from Steven Gerrard dealt Real Madrid their biggest defeat in the Champions League and secured a 5-0 aggregate win. Other winners were Bayern Munich, Villareal and Chelsea.

NBA Portland Trail Blazers guard Rudy Fernandez spent the night in hospital after suffering a chest injury in Monday's 111-94 rout of the Los Angeles Lakers, the team said yesterday. Fernandez will not play tonight against Dallas. REUTERS

On the web

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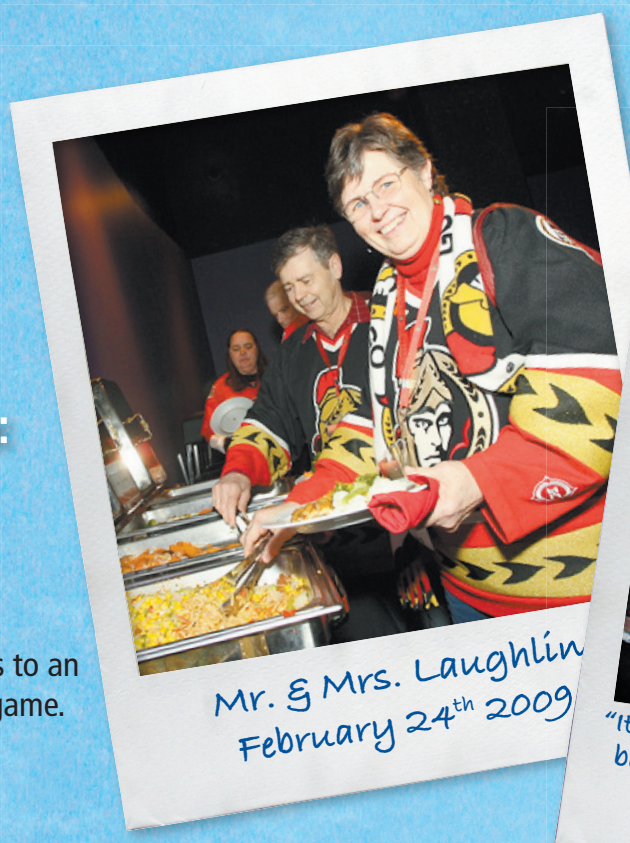

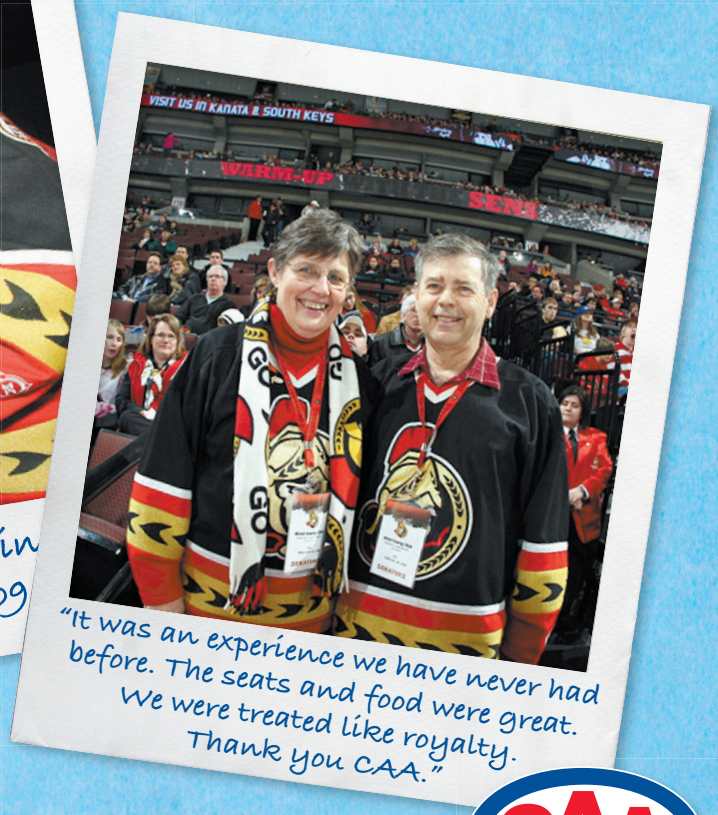

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Any snails in your luggage, ma'am?
Visitors to Europe will have to comply with new import laws for animal products, with strict amounts set for everything from oysters and snails to honey, pet food and baby milk powder, the EU executive has said. REUTERS

Travel

Don't knock Vegas

Las Vegas casino legend Sheldon Adelson has launched a quest for America's most boring city in a comeback to President Barack Obama's criticism of bankers who hold meetings in the famous gaming capital. Obama last month warned companies that get bailout cash against spending it on activities potentially seen as perks — sparking a row with hotel and resort operators who say they are already struggling to fill rooms. REUTERS

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Caye Caulker's laid-back lifestyle

Belize backpacker haven is quite content to fly under the radar

DAVID WHITLEY
for Metro Canada

As the sun slowly crawls down the skyline, the cares of the world are far away. At a table almost enveloped in water, a group sits in their swimwear, knocking back beers number eight and nine.

They're cheering on the guys by the diving board, who are attempting ever more ambitious plunges into the fast-flowing channel that divides the two halves of the island.

The crowd gathered at the Lazy Lizard bar are a clue to what Caye Caulker offers. Off the coast of Belize and situated next to the world's second biggest barrier reef, it has become something of a secret backpacker hotspot.

Caye Caulker doesn't have any beach worth speaking of, and this is arguably what helps it to retain its character. The resorts are never going to take over in the same way that they have on Ambergris Caye further north purely because the masses have no sandy stretches to lie on.

It's an island of bright clapboard guesthouses, an anything goes attitude and a slow, shuffling pace. Within minutes of arriving, hectic hurrying is reduced to a contented shamble along the colourful main drag, and two-for-one daiquiris before lunch seem mighty tempting.

SHERI BIGELOW

A view of the waterfront in Caye Caulker.

It's a seriously relaxed place. Everything works on island time, happy hours last "until everyone is happy," and any sartorial advance on shorts and flip-flops is completely overdressed.

Many visitors to Caye Caulker are lured by diving or snorkelling trips with rays and manatees, but stay because of the vibe. It's the sort of place that sucks people in.

Many will come for two days, extend for a couple more and before they know it, they've not seen their family for 12 years.

Hence, the ranks of those that live on Caye Caulker are multinational. Boat skippers from Nicaragua, crew from Canada, dive shop managers from the UK and grocery store owners from China are common.

It's a place where the party is never planned, but one could break out at any time. A quiet bar can morph into a sin-packed reggae club in which some of the dirtiest bumping and grinding imaginable takes place.

And then the next morning, one of those dancers may well turn out to be the captain of the reef trip boat. Turning up 40 minutes late for the tour with a pounding head, then throwing empty beer bottles off his rainbow-coloured vessel before departure is absolutely par for the course.

But if you finally do get out into the Hol Chan Marine Reserve, it's a wonderful playground. Alongside the manatees and rays are sharks (not the man-eating variety), eels, barracudas and turtles. Throw in brain coral and thousands of brightly coloured fish, and snorkelers are pretty much guaranteed to hit the jackpot.

Despite this, the reef is just a pleasant bonus. If there's one place that perfectly captures the island's ridiculously laid-back vibe, it's Jolly Roger's Grill. Chef Roger, always unfazed, lives up to his restaurant's name, and serves up the best snapper and grilled lobster. He's Caye Caulker through and through — a drink, a smile and a "no problem" is the cure for all ills.

Caye Caulker

- There are no direct flights to Belize City from Canada — flights with American Airlines, aa.com, from major hubs generally involve a change in Miami.
- From Belize City, it's necessary to get a ferry to Caye Caulker. Geckos Adventures, geckosadventures.com, has a 10-day tour between Cancun, Mexico and Antigua, Guatemala, which stops off at Caye Caulker for two nights.
- Visit gocayecaulker.com.

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METRO NEWS SERVICES

EDITOR: KUMAR SAHA, KUMAR.SAHA@METRONEWS.CA

Service in time saves dime

MARK ATKINSON
for Metro Canada

We've all felt the current recession's sting in one way or another, and an honest reaction would be to try and save as much money as possible by doing things ourselves rather than paying someone else. Doing basic maintenance and repairs on your vehicle can be simple. However, they have become so complicated in recent years that you can get in a lot of trouble very easily if something goes wrong.

Gary Grant, service manager at Willowdale Subaru in Toronto, and an automotive expert who currently contributes to TheGarageBlog.com and Driven-Wheels.com, advises: "Do a bit of research. Read the maintenance section of the owner's manual. Understand what the manufacturer considers important. Because we live in Canada, follow the manufacturer's 'severe' service schedule," he said.

Riding the **Recession**

"I'm often asked, 'Can't I do that myself?' My response is usually something along the lines of, 'I don't know. I'm not sure of what skills you have.' For the most part, the basics like oil changes haven't changed in terms of difficulty. However, oil changes are more important now than ever due to tighter build tolerances in engines. Do them on time. Don't reach for the cheap filter, buy the good one. Don't miss an interval, ever."

Grant said that tire rotation could be a realistic task for those with proper equipment.

CarCareCanada.ca, a website that helps consumers understand more about their own vehicles, suggests other simple tasks that you can do yourself.

First, ensure that all your lights are functioning properly, including turn signals and brake lights. These are usually very easy to replace if they're burnt out. Next, check all the fluid levels under your hood, including engine oil, windshield washer, antifreeze/coolant and transmission fluid. Check the terminals on your vehicle's battery for corrosion, and if you find some, have your technician clean them the next time your car's in for service.

CarCareCanada.ca also recommends keeping good tire pressure to ensure your vehicle performs as it's supposed to, including fuel mileage.

Preventative maintenance is also vital to keeping your vehicle in top shape, and only a drop in the bucket compared to what you might pay if something goes horribly wrong.

"There are more than a few tales of consumers buying a new engine at 50,000 km because they missed a couple of oil changes and the engine failed," Grant warned.

Apart from simple do-it-yourself checks, it's important to know and take care of those aspects of vehicles that need regular maintenance to avoid costly repairs, car expert Gary Grant says.

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[1]Only on the 2009 Versa Sedan 1.6 (B4EG59 AA00), 2009 Versa Hatch 1.8 S (B5LG59 AA00), and 2009 Sentra 2.0 (C4LG59 AA00) models. **MSRP for a 2009 Versa Sedan 1.6 (B4EG59 AA00), manual transmission/ 2009 Versa Hatch 1.8 S (B5LG59 AA00), manual transmission/ 2009 Sentra 2.0 (C4LG59 AA00), manual transmission. ¥Lowest MSRP of any new 2009 Car sold in Canada. $12,498 MSRP for a 2009 Versa Sedan 1.6 S (B4EG59 AA00). Freight and PDE charges ($1,325), license, registration, insurance, duties and applicable taxes (including excise tax and fuel conservation tax, where applicable) are extra. All prices are subject to change without notice. †Program applies only to purchase finance offers on all 2009 Nissan models (except for the 2009 Nissan GT-R, 350Z and 370Z models) purchased and delivered before March 31st, 2009. Offers available only through Nissan Canada Finance on approved credit. Offer does not apply to Nissan Canada Finance standard rate programs. Delayed payment option not available on cash purchase offers. 1st monthly payment occurs at 90 days into finance contract. Contracts will be extended accordingly. Interest charge (if any) will not accrue during the first 60 days of the contract. After the 60 days, interest (if any) starts to accrue and the purchaser will repay the principal and interest (if any) monthly over the term of the contract. Offer available on terms up to 72 months. ††0% purchase financing for up to 36 months available only on all 2009 Versa Hatch, Sentra, Altima Sedan, Rogue and Titan models. Finance Example for a 2009 Versa Hatch 1.8 S (B5LG59 AA00): $13,998 MSRP, financed at 0% APR for 36 months equals $249.94 per month with $5,000 down payment. Cost of borrowing is $0 for a total obligation of $13,998. Up to $84 PPSA, $1,325 freight and PDE, license, insurance registration and taxes are extra. Finance offers are available on approved credit through Nissan Canada Finance for a limited time, may change without notice and cannot be combined with any other offers. Retailers are free to set individual prices. Retailer order/ trade may be necessary. Vehicles may require factory order. Offers valid between March 3rd to March 31st, 2009. ‡Lease Examples: $12,498/ $13,998/ $14,998 MSRP for a new 2009 Versa Sedan 1.6 S (B4EG59 AA00)/ 2009 Versa Hatchback 1.8 S (B5LG59 AA00)/ 2009 Sentra 2.0 (C4LG59 AA00) at 5.9%/ 2.9%/ 3.9% lease rate for a 60/60/60 month term. Monthly payment is $159/ $159/ $159 with $1,208/ $1,208/ $2,108 down payment, $0/ $0/ $0 security deposit. Freight and PDE charges ($1,325)/ ($1,325)/ ($1,325), license, registration, insurance, duties and applicable taxes (including excise tax and fuel conservation tax, where applicable) are extra. All prices are subject to change without notice. Retailer may lease for less. Lease based on a maximum of 24,000 km per year with excess charged at $0.10/km. Total lease obligation is $10,755.35/ $10,772.40/ $11,658.04. Lease offers are available on approved credit through Nissan Canada Finance for a limited time, may change without notice and cannot be combined with any other offers. Retailers are free to set individual prices. Retailer order/ trade may be necessary. Vehicles may require factory order. Offers valid between March 3rd to March 31st, 2009. ■Offer applies only to 2009 Versa Hatchback models on 36 to 60 month lease terms. Offer valid between March 3rd to March 31st, 2009. ▲Based on Transport Canada approved test methods. Your actual fuel consumption may vary with driving conditions - use for comparison only. ▲▲$16,898 MSRP for a 2009 Versa Hatch 1.8 SL (B5RG59 AA00/AA10), manual transmission/ $22,598 MSRP for a 2009 Sentra 2.0 SL (C4TG19 AA00), CVT transmission. Destination and PDE charges ($1,325)/ ($1,325), license, registration, insurance, duties and applicable taxes (including excise tax and fuel conservation tax, where applicable) are extra. All prices are subject to change without notice cannot be combined with any other offers. Retailer may sell for less. [1]WardsAuto.com's Lower Small segment, 2008. 2009 Versa 1.8 vs. 2008 competitors. [2]©2008 AutoPacific, Inc. Ideal Vehicle Award. [3]Government star ratings are part of the U.S. National Highway Traffic Safety Administration's (NHTSA) New Car Assessment Program (www.safercar.gov). U.S. model tested with standard side airbags.

Road to Recovery

Law & Order: SVU's Mariska Hargitay is on the road to recovery, and will likely be solving on-screen crimes again soon. Hargitay was hospitalized for the third time last week for discomfort related to a collapsed lung, which she suffered in January. **TVGUIDE.COM**

Entertainment

New Moon

Kristen Stewart thinks New Moon will be "bigger and better" than Twilight. The actress is about to reprise her role as Bella Swan in the second installment of the vampire franchise. **FEMALEFIRST.CO.UK**

EDITOR: DEAN.LISK@METRONEWS.CA

Law & Order first TV show to film at UN

TV U.S. television series Law & Order has become the first network TV show allowed to film at the United Nations, a UN spokeswoman said this week.

Crew of NBC's Law & Order: Special Victims Unit series were at UN headquarters in New York on Saturday to film part of an episode, UN spokeswoman Marie Okabe said.

"This collaboration marks the first occasion a network television show has been granted access to film at the United Nations," she said. The episode "brings to the fore the themes of children in armed conflict as well as refugees."

The United Nations has typically stayed away from the spotlight of commercial television and cinema.

REUTERS

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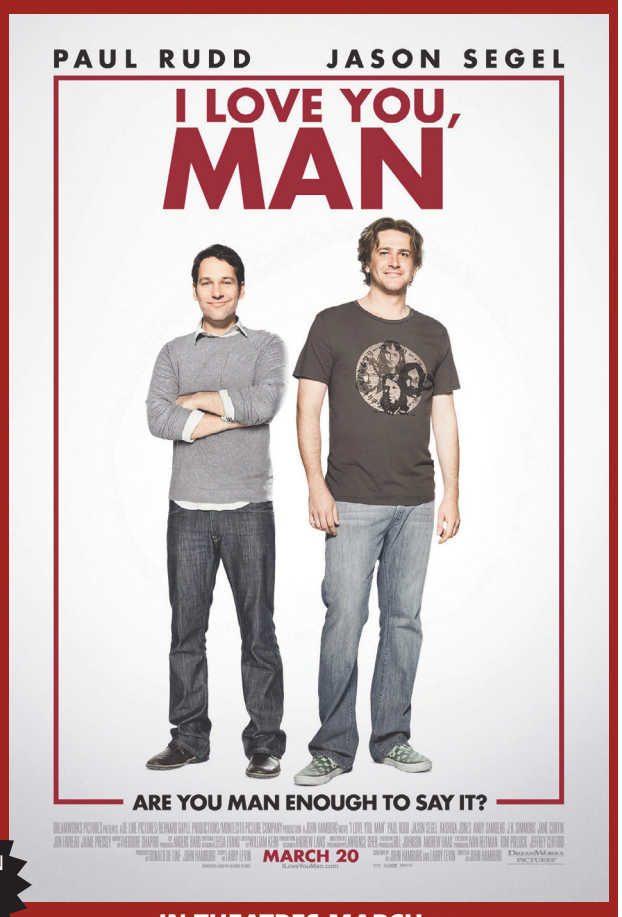

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metro

Cure for a crisis

Fantasy films offer escape from reality

CHRIS ALEXANDER
for Metro Canada

Rose Byrne, left, and Nicolas Cage star in a scene from the upcoming film Knowing, which opens in theatres next Friday.

Last week saw the release of Zack Snyder's Watchmen, a mammoth, morally dubious superhero saga whose dramatic arc rests on questions of sacrificing mankind in order to save it.

And now we have cult filmmaker Alex Proyas' blockbuster science fiction thriller Knowing — out next Friday — a picture that veers into apocalyptic dread and alien paranoia but in its subtext, is really offering a shocking solution to our planet's myriad of cultural, economical and environmental problems.

It's a classic case of using fantasy to cloak sophisticated musings on reality.

Since cinema started, periods of social, political and, yes, financial stress have caused some of the most profound and thoughtful genre movies to come crawling out of the ether, offering both glossy escape from reality and hard stares directly into it.

This was true in the 1920s in Germany, when the battered post-First World War youth culture gave birth to the nightmarish films of the expressionist movement, which led to the Great Depression sparked advent of earthy, gothic horror films in the U.S.

The 1950s saw a McCarthy paranoia fuelled populace wither under an onslaught of allegorical alien invasion thrillers, while in the early 1970s, as the news spat out violent images of Vietnam, people gravitated toward mind-bending techno-shockers that showed mankind at its morally lowest.

And now, as North America struggles to dig itself out from under a seemingly unyielding economic crisis and with the war in Iraq and Afghanistan continuing to rack up casualties, multiplexes are being besieged by a new wave of anxious, dark and ultimately fascinating films, pictures that offer a bleak world view coupled with elements of the supernatural and metaphysical.

"What I've always liked about the fantasy, horror and science fiction genres is that it heightens the background noise of the characters," says Proyas — who also directed Dark City and The Crow — about the genre he chiefly toils in.

"It gives people them an extreme version of the real world to see how people react in it. But no matter how strange events can get, it's always about the humanity. Sometimes you really have to look deeply for it, but it's always there, driving the story."

Film is, and always will be a mirror and though the heavy shadow of recession looms large, some comfort lies in the promise that because of this, Hollywood might continue releasing lavish entertainments that actually challenge and confront us.

Movie **feature**

Anna the alien
Morena Baccarin has landed the lead role of Anna in ABC's V reboot, says the Hollywood Reporter. TVGUIDE.COM

The gimmick's up

RAFAEL BRUSILOW
for Metro Canada

Gimmicky challenges and his own gimmicky designs finally brought Hamilton designer Jason Meyers' journey to a halt on last night's episode of Project Runway Canada.

Designer Jason Meyers was sent home last night.

Last night's unusual material of choice was Post-It notes and designers were challenged to use the sticky paper strips to create a dress for a breast cancer survivor.

Meyers, 31, used fluorescent yellow and pink Post-Its to create an enormous gown that judges called "a train wreck" and he was sent home.

He says doing the show was a great learning experience that forced him to think differently and gave him a chance to share ideas with like-minded individuals.

"It was definitely a growing experience as a designer for me. I developed more and it was cool to see different techniques and styles from the other designers," Meyers said.

Iman and the other judges frequently referred to Meyers as a "gimmicky" designer, but he insists he just did his best with challenges that were innately strange, like using old wedding dresses for fabric or making a gown out of Post-It notes.

"The challenges I found were gimmicky themselves, so I kind of just went for it," Meyers said.

Tasked with creating a camouflage dress in week one, Meyers built a dress with a tail that could be pulled over the model's head to hide her. In another week, Meyers sewed in thumb fasteners across the surface of a dress to let it go from day to evening by having the model clip parts of it up or down.

He admits time and budget constraints were the biggest challenge on the show and he's proud of having made it as far as he did.

"We only had one zipper and $100 to buy fabric — that was really hard. I didn't give up and tried to work through it as best as I could," Meyers said.

Meyers is proudest to have won week two's challenge, when Canadian actress Elisha Cuthbert picked his classic, black Hollywood dress for herself to wear, calling it "beautifully made."

Unlike some of the designers who engaged in back-biting drama on the show, Meyers says his goal was always to be a neutral force and focus on his own work.

"I just tried to do my own thing. I wouldn't sabotage anybody because we're all designers, we're all there for the same reason," Meyers said.

When to watch

- Project Runway Canada airs on Tuesday nights on Global.

GlobalStyle

Kenya Hunt

Read Paris Fashion Week reviews, exclusively at metronews.ca/globalstyle

For complete online movie listings, trailers, reviews and tickets, visit:
metronews.ca/movies

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3/11/09

primetime

OT	Vu	SC	C		7:00	7:30	8:00	8:30	9:00	9:30	10:00	10:30	11:00
	265	353	2	TVO	Leopard Man of Ngala		The Agenda With Steve Paikin		Little Dorrit (N)		Human Edge		Agenda-Paikin
	211	331	3	GTV	ET Canada	Entertainment	Lie to Me "Do No Harm"		Bones (HDTV PA) (N)		(10:02) Life on Mars		News
	-	-	5	SRC	Virginie (SC)	L'Épicerie	Le Match des étoiles (SC)		Les Invincibles (SC)		Le Téléjournal et Les Nou		La Zone
	209	342	6	CHRO	Instant Star	TMZ (N)	America's Next Top Model (N)		Lost "LaFleur"		Law & Order: Criminal Intent		Comedy Now
	196	311	7	CTV	Hollywood	etalk	Criminal Minds (N)		American Idol		CSI: NY "Green Piece"		News (N)
	208	303	8	CBC	Coronation St.	Jeopardy! (N)	The Week the Women Went		Being Erica (N) (DVS)		CBC News: The National		The Hour
	-	360	9	NBC	Wheel-Fortune	Jeopardy! (N)	The Chopping Block (N)		Life "Shelf Life" (N)		Law & Order: Criminal Intent		News (N)
	117	713	10	TVA	Poule-oeufs or	Star Académie:	Destinées (SC)		Dommages et intérêts (SC)		TVA 22 heures	(10:45) Denis Lévesque	
	-	-	11	QS	450 chemin	Rire et délire	Wipeout (SC)		Bob Gratton	Bob Gratton	Cent dix pour cent (SC)		Msr Showbiz
	137	763	12	TFO	Panorama		Destination Nor'Ouest (SC)		*Le Silence de la forêt* ★★★ (2003, Drame)			Nouv. mondes	Aux limites
	-	362	13	CBS	Dr. Phil (HDTV)		Old Christine	Gary Unmarr	Criminal Minds (N)		CSI: NY "Green Piece"		Two/Half Men
	216	395	14	OMN2	Raymond	Raymond	News (N)		News (N)		Two/Half Men	King	Cold Case
	214	344	15	CITY	Law & Order: SVU		The Chopping Block (N)		Nip/Tuck (HDTV)		Murdoch Mysteries		News (N)
	115	343	16	CFMT	Two/Half Men	The Simpsons	News (N)		Vivere II	News (N)	The Simpsons	King of the Hill	Metropia
	218	345	18	E!	The Insider (N)	E! News	Knight Rider		Party Monsters: Cabo		Mariah Carey: THS		News (N)
	-	361	20	ABC	News (N)	Entertainment	Scrubs	Scrubs	Lost "LaFleur"		(10:02) Life on Mars		News (N)
	512	396	24	CPAC	La Période de questions		Heure polit.	L'Heure politique				Revue	Période-quest.
	651	355	25	CTS	Happy Days	Laverne	Michael Coren Show		100 Huntley Street		Life Today	This Is Day	John Hagee
	-	365	36	FOX	TMZ (N)	Seinfeld	Lie to Me "Do No Harm"		American Idol		News (N)		News
	-	-	64	PBS	Business Rpt.	Preserving Boating Heritage		Great Performances at the Met					Charlie Rose
	205	312	104	CTV	Hollywood	etalk	Criminal Minds (N)		American Idol		CSI: NY "Green Piece"		News (N)

news

	502	390	26	NW	CBC News	Newman	The Hour		CBC News: The National		Tropic of Capricorn		National
	500	500	33	CNN	Lou Dobbs Tonight		Campbell Brown: No Bias		Larry King Live		Anderson Cooper 360 (HDTV)		

sports

	406	417	27	net	(6:30) Baseball World Classic -- Teams TBA. (Live)					Sportsnet Con.	Baseball World Classic -- Teams TBA. (Live)		
	126	730	28	RDI	24 Heures en 60 minutes		Grands reportages (SC)		Le Téléjournal (SC)		RDI en direct	Le National	Le Téléjournal
	400	280	30	TSN	NHL Hockey Tampa Bay Lightning at Ottawa Senators. (HDTV) (Live)					Curling Tim Hortons Brier -- Draw 14. (HDTV) (Live)			
	410	403	52	SCR	Hardcore Champ. Fight		World Cup of Poker		Aussie Millions '09		Score Tonight		Hockey Talk
	411	457	56	OLN	Bounty Hunter	Bounty Hunter	Survivorman		Mantracker	Mantracker	Bounty Hunter	Bounty Hunter	Survivorman
	417	406	59	SC	Pimp My Ride	Pass Time	Pinks Outtakes	Pinks Outtakes	Pinks (HDTV)	Drag Race	Drag Race	Wrecked	Pimp My Ride

family

	554	544	48	TEL	Totally Spies	Total Drama	6TEEN	6TEEN	Futurama	American Dad	Robot Chicken	Father of Pride	Moral Orel
	557	540	51	FAM	Wizards-Place	Han. Montana	Zack & Cody	Latest Buzz	Wizards-Place	Life Derek	Ned's School	Cory in House	Zack & Cody
	551	542	65	YTV	In Real Life (N)		Malcolm-Mid.	Futurama	Adrenaline Proj	Prank Patrol	Falcon Beach		Mystery Hnt.

cable variety

	570	580	29	MM	mmmtop	MusicProfile	Where You At	Revival	40 Hottest Hotties of the '90s Sexiest celebrities.				Revival
	615	520	31	A&E	CSI: Miami "Rio" (HDTV)		Bounty Hunter	Bounty Hunter	Dog the Bounty Hunter		Bounty Hunter	Exterminators	Exterminators
	628	584	32	SPKE	CSI: Crime Scene Invstgtn.		CSI: Crime Scene Invstgtn.		UFC Fight Night				CSI: Crime Scn
	521	560	34	TLC	Untold Stories of the E.R.		My Shocking Story		I Eat 33,000 Calories a Day		Mystery Diagnosis		Shocking Story
	145	761	35	TV5	Humanima	Mixeur	*Stand-By* ★★ (2000, Drame) Dominique Blanc, Roschdy Zem.				Peur	Voyageur	Journal TV5
	616	521	39	SHO	The Outer Limits		Cashing In	About a Girl	The Guard (HDTV)		Big Love (HDTV)		House
	620	523	40	BVO	The Achievers	Landscape	Arts & Minds	Bravo!Videos	Wingfield	Wingfield	Death at-Opera	Broadway	Law & Order
	520	505	42	DIS	Daily Planet (N)		Austin Stevens Adventures (N)		Deadliest Catch		Mayday "Desperate Escape"		Daily Planet
	575	583	43	CMT	CMT's Greatest "Interviews"		Home Improve.	Home Improve.	Reba	Reba	Hope & Faith	Hope & Faith	Three Chords
	601	562	45	SLC	Skin Deep	Til Debt-Part	Chop Shop	End of Leash	End of Leash	End of Leash	Kimora: Fab	Kardashians	ET Canada
	625	548	46	COM	Air Farce	Just for Laughs		Corner Gas	The Simpsons	South Park	Jon Dore Show	Demetri Martin	Daily Show
	294	529	47	TBS	House-Payne	House-Payne	*The Bourne Supremacy* ★★★ (2004, Suspense)				Fresh Prince	Seinfeld	Family Guy
	600	564	49	H&G	House Hunters	Property Virgin	Mansions	Property Shop	Property Virgin	Unsellable	Hid Potential	Really Big Flip	Holmes-Homes
	627	528	50	SPC	Stargate Atlantis (DVS)		Star Trek: Voyager		Primeval		Stormworld	Watchmen	Stargate SG-1
	581	566	53	MTV	Room Raiders	After	MTV News	Cribs	The Real World		The Real World		MTV Live
	618	524	54	TROP	Reality	Ad Persuasion	Family Guy	Seinfeld	Seinfeld	Raymond	Family Guy	Married... With	Seinfeld
	522	506	55	HIS	NCIS "Missing"		Outlaw Bikers		Ice Road Truckers		NCIS "Missing"		Sea Hunters
	129	773	60	CD	Biographies		Mythes urbains	Mythes urbains	Pris au piège (HDTV)		Belle danger	Belle danger	Vidéo
	261	394	61	V	Murder, She Wrote "Roadkill"		Summer Wine	Foot in Grave	SOUL "My Way" (N)		Driven-Vision	Supernatural	Poltergeist
	602	567	62	W	Will & Grace	Friends	Grocery Bag	Grocery	Supersize vs. Superskinny		Stuck "Food"	Maxed Out (N)	Maxed Out
	269	350	70	APTN	Canadian Geographic		Living Legends: El Salvador		APTN National News: Contact		Miywayawin	Guides	Wings-Canada
	621	527	71	TLK	The Ellen DeGeneres Show (N)		TMZ (N)	etalk	Blush: Make-Up Artist		The Tonight Show-Jay Leno		TMZ
	603	561	95	FN	Chef at Home	Chef at Home	Restaurant Makeover		Iron Chef America		Ultimate Recipe Showdown		Restaurant

critics' corner

The Chopping Block
Two teams of eight compete in culinary challenges for a shot at the grand prize: a chance to open their own restaurant. The first competition pits them against each other to create a menu for host Marco Pierre White to judge by the end of the day. After less than 48 hours, the contestants must open their restaurants for service, to be evaluated by a top food critic from Atlantic magazine. 8 PM

Stuck
Making life changes such as losing weight always goes better with a buddy. In this reality series, the women featured — who range in age from 28 to 52 — are all one another's buddies in their various quests to get out of their ruts. Each episode follows them as they get some expert instruction in forming healthier habits and support one another's efforts. In this episode, it's all about healthy eating and getting in shape. 10 PM on 62 W

Heche divorce battle ends

On Wednesday, Anne Heche's two-year divorce battle with Coley Laffoon came to an end. Although they reached a settlement last June, it took another nine months to hammer out custody details and the split of their assets, reports people.com. METRO NEWS SERVICES

Celebrity Buzz

Rihanna & Brown recording a duet?

MUSIC Rihanna and Chris Brown are recording a duet, femalefirst.co.uk reports.

The couple — who have reconciled after Brown allegedly assaulted Rihanna in his rented Lamborghini car last month — are said to be working on a song for Brown's new album, which is due out later this year.

GETTY IMAGES PHOTOS

A source said: "They've been working on it together." The pair is believed to be recording with producer Polow Da Don — who wrote the Pussycat Dolls hit Buttons — in a Santa Monica studio. Neither Brown nor Rihanna's representatives have commented on the claims.

Last week, Chris was charged with two felonies ' assault and making criminal threats — in relation to the alleged attack on Rihanna. He is yet to enter a plea, but if convicted he faces a maximum of four years eight months in prison.

It has been claimed the 19-year-old singer may want to organize a plea deal in an effort to get the charges scaled down to a misdemeanour, which would mean he would not face jail.

METRO NEWS SERVICES

Miley's health condition

HEALTH Miley Cyrus has a condition called tachycardia, which causes her heart rate to speed up, she reveals in her new autobiography, Miles to Go, usmagazine.com reports.

"The type of tachycardia I have isn't dangerous. It won't hurt me, but it does bother me," she writes. "There is never a time onstage when I'm not thinking about my heart."

Cyrus also dedicates a chapter to her "Prince Charming," who appears to be ex Nick Jonas. "Wow! I was so in love," she says.

After they split, she penned 7 Things I Hate About You. "I wanted to punish him, to get back at him for hurting me... But I'm not a hater."

METRO WORLD NEWS

Richie unsure about marriage

RELATIONSHIP Nicole Richie is unsure whether she will marry Joel Madden, femalefirst.co.uk reports.

The 27-year-old star — who has 14-month old daughter Harlow with Joel, and is currently expecting her second child with him — is content with her relationship and refuses to plan too far ahead.

"I don't know about the future. I make it a custom not to plan the future. I may plan to and I may not," she said.

Despite having no plans to walk down the aisle in the near future, Nicole is totally committed to Joel. Asked to name the Good Charlotte rocker's three best qualities, she replied: "Good father! Talented musician! Good personality!"

METRO NEWS SERVICES

Octuplets set to go home soon

PEOPLE As they grow stronger in the hospital, Nadya Suleman's octuplets are getting closer to coming home to a larger, recently purchased house — where it looks like they'll have a free fleet of skilled nurses, people.com reports.

METRO NEWS SERVICE

Barton's blunt blog

RELATIONSHIP Mischa Barton took to her blog yesterday to clear the air about her recent split with musician beau, Luke Pritchard, popeater.com reports. Although she says the two will remain friends, Barton wrote that "the bad just started to outweigh the good and a long distance relationship is never an easy thing to do."

METRO NEWS SERVICES

The Weather Network
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Today: Showers 80% 7° / -13°
Thursday: Mainly sunny -7° / -14°
Friday: Partly cloudy -3° / -6°

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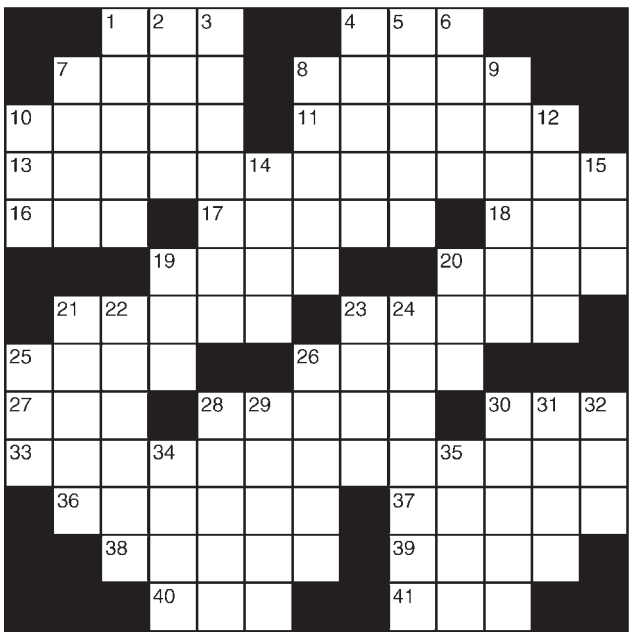
Take Five



Crossword across

1 Ruin the veneer
4 Turf
7 Asian desert
8 Garden intruder
10 "Peer Gynt" composer
11 Go ashore
13 Where the Tar River flows
16 Hawaiian musicmaker
17 Rock opera by The Who
18 Encyclopedia bk.
19 Courts
20 Bigfoot's cousin
21 Metallic noise
23 Senses
25 Unyielding
26 Minimal change
27 Two, in Tijuana
28 Dieter's entree
30 "Gee, ya think?"
33 Neil Diamond classic
36 Checked cotton fabric
37 Like Chicago, it's said
38 Mah-jongg pieces
39 Therefore
40 Roulette bet
41 Rotation duration

Crossword down

1 Ripple pattern
2 Help a prankster
3 "You betcha!"
4 Whale variety
5 "Wow!"
6 Use an old phone
7 Understand, in sci-fi lingo
8 Washington's successor
9 Nonsense
10 Wildebeest
12 Entanglements
14 Diner employee
15 Foreman foe
19 Pale
20 Still
21 Throng
22 Go postal
23 Phobia
24 Provided an income for
25 Egos' counterparts
26 Sculpting mediums
28 Subway entrance
29 Played a part
30 Unclean
31 Destroy
32 "Yo!"
34 Eastern potentate
35 Old Italian money

Sudoku

For more/less challenging Sudoku puzzles, visit metronews.ca

HOW TO PLAY: Digits 1 through 9 will appear once in each zone – one zone is an outlined 3x3 grid within the larger puzzle grid. There are nine zones in the puzzle. Do not enter a digit into a box if it already appears elsewhere in the same zone, row across or column down the entire puzzle.

9	6						2	1
		5	9			3		
4			2		6			
1				7		2	9	
				6				
	8	7		9				5
			3		8			4
		4			5	6		
3	5						1	7

PREVIOUS DAY'S CROSSWORD AND SUDOKU ANSWERS:

B	I	E	R		R	F	D		E	W	E	S		
L	O	P	E		O	L	E		M	O	T	E		
O	T	I	C		B	A	C	K	B	O	N	E		
B	A	C	K	L	O	G		R	A	D	A	R		
			O	U	T		F	O	R					
S	L	A	N	G		B	A	C	K	B	I	T		
O	E	R			T	E	X			A	S	H		
B	A	C	K	H	O	E		T	U	M	M	Y		
			H	A	Y		L	I	P					
A	B	E	A	R		B	A	C	K	L	I	T		
B	A	C	K	D	R	O	P		E	U	R	O		
E	L	H	I		E	R	A		E	N	I	D		
D	I	O	S		F	E	Z		P	E	S	O		

1	8	5	9	2	3	4	7	6
7	2	9	6	4	5	3	1	8
6	3	4	1	7	8	2	9	5
3	4	8	5	1	9	7	6	2
2	9	6	4	8	7	1	5	3
5	7	1	2	3	6	9	8	4
9	6	7	3	5	2	8	4	1
8	1	2	7	6	4	5	3	9
4	5	3	8	9	1	6	2	7

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SUDOKU SOLVE TIME:
Under 13 min .....Genius
13-17 min.....Scholar
17-21 min .....Smart
21-25 min .....Not bad
25+ min.....Keep practising

Metro Recipe of the Day

Spring Salmon and Asparagus

INGREDIENTS:
4 skinless salmon fillets, about 5 oz (140 g) each
7 oz (200 g) leeks
1/2 lb (250 g) tender asparagus spears
5 oz (150 g) sugar-snap peas
4 tbsp (60 ml) dry white wine
3/4 cup (175 ml) fish or vegetable stock
2 tbsp (25 ml) butter, diced
Salt and fresh-ground black pepper
1 tbsp (15 ml) snipped fresh chives

METHOD:
1. Run fingertips over salmon to check for stray bones, pulling out any that remain between flakes of fish. Arrange leeks in single layer in bottom of large, shallow flameproof casserole. Lay pieces of salmon on top. Surround fish with asparagus and sugar-snap peas. Pour in wine and stock, and dot butter over fish. Season with salt and pepper to taste.
2. Bring to boil, then cover casserole with tight-fitting lid and reduce heat so liquid simmers gently. Simmer fish and vegetables until salmon is pale pink all through and vegetables are fork-tender, 12 to 14 minutes. Sprinkle chives over the salmon.

SERVES 4

rd.ca
For nutritional information on this and other great recipes, go to **rd.ca** or check out **Key Ingredients in this month's Reader's Digest, on newsstands now!**

Horoscopes

AVATAR VENUS

ARIES
MARCH 21-APRIL 20
You're like an acrobat with no safety net. Make a comedy of a bad situation. It's not a good time to clean your closets.

TAURUS
APRIL 21-MAY 21
Your charm gets in the way of facing problems. Take care of pressing business. Make progress toward forgiveness.

GEMINI
MAY 22-JUNE 21
Don't bet on getting an inheritance. Take the initiative in making a fresh start. A secret meeting will clarify needs and desires.

CANCER
JUNE 22-JULY 22
A smart remark causes a volatile situation. Look for closure in a failed endeavor. There's sorrow behind a sudden departure.

LEO
JULY 23-AUG 23
A slender person is telling the truth. A woman will be open to a wonderful possibility. An attractive stranger wants to start a family.

VIRGO
AUG 24-SEPT 22
A sweetheart has been through some bad weather. Walk down Memory Lane with a serious person. Don't accept less than you deserve.

LIBRA
SEPT 23-OCT 23
A sleazy guy should be avoided. A loathsome monster lashes out at incompetence. You hold the future in your hands.

SCORPIO
OCT 24-NOV 22
An anguished person will listen carefully. An accomplice reminds you to make a call. The rumour mill is rife with speculation.

SAGITTARIUS
NOV 23-DEC 21
Be creative when wishing for success. Your best friend is a lucky charm. A significant caller gives you some practical support.

CAPRICORN
DEC 22-JAN 20
Be patient with a delicate friendship. Your situation is about to improve drastically. Don't be sarcastic when acting as a matchmaker.

AQUARIUS
JAN 21-FEB 18
Don't leave a friend alone in the dark. A therapeutic investment will pay off. Carefully monitor a reckless attitude.

PISCES
FEB 19-MARCH 20
A fallen colleague's questions must be answered. A lonely person helps you learn to stop clinging. Check with a friend you haven't heard from lately.

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Limited model shown

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Limited model shown

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Limited model shown

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GRADUATE REBATE PROGRAM

™The Hyundai names, logos, product names, feature names, images and slogans are trade marks owned by Hyundai Auto Canada Corp., and used under licence. ♦New sale prices are calculated after deducting price adjustments off the lease/finance starting prices. Price adjustments are available on all 2009 Accent 3 Dr. L of $3,600/2009 Elantra L 5-speed of $3,850/2009 Sonata GL I4 5-speed of $4,000/2009 Tucson L 5-speed of $2,200/2009 Santa Fe GL 2.7L FWD 5-speed of $4,000. Prices for models shown (after deducting price adjustment): 2009 Accent GL Sport 5-speed of $14,395/2009 Elantra GL Sport Package 5-speed of $17,895/2009 Sonata Limited of $27,995/2009 Tucson Limited of $28,995/2009 Santa Fe Limited of $32,445. Delivery and Destination charges of $1,495/$1,495/$1,565/$1,760/$1,760, registration, insurance, licence fees and all applicable taxes are excluded. Delivery and Destination charge includes freight, P.D.E., dealer admin fees and a full tank of gas. ◊Purchase financing available O.A.C. from Hyundai Financial Services on 2009 Accent/2009 Elantra/2009 Sonata/2009 Tucson/2009 Santa Fe/2009 Elantra Touring models with a finance rate of 0%/0%/0%/0%/0%/2.75% for 36/36/48/48/48/72 month terms. Financing example: 2009 Tucson L 5-speed for $18,995 (after deducting the price adjustment) at 0% per annum equals $432.50 per month for 48 months for a total obligation of $20,755. Cash price is $18,995. Example price includes Delivery & Destination. Example price excludes registration, insurance, licence fees and all applicable taxes. ‡Starting price for model shown: 2009 Elantra Touring GL 5-speed of $18,795. Price excludes Delivery and Destination charge of $1,495, applicable licence fees, insurance, registration and all taxes. Delivery and Destination charge includes freight, P.D.E., dealer admin fees and a full tank of gas. **Leasing offers available O.A.C. from Hyundai Financial Services based on a new 2009 Elantra Touring with an annual lease rate of 2.6%. Monthly payment is $199 per month for a 60 month walk-away lease. Down Payment of $0 and first monthly payment required. Total lease obligation is $11,940. Lease offers include Delivery and Destination ($1,495). Lease offers exclude applicable licence fees, insurance, registration, PPSA ($45), and taxes. $0 security deposit on all models. 20,000 km allowance per year applies. Additional charge of $0.10/km. Delivery and Destination charge includes freight, P.D.E., dealer admin fees and a full tank of gas. ♦♦2"Offers available for a limited time and subject to change or cancellation without notice. See dealer for complete details. Dealer may sell for less. †Elantra Touring best-in-class interior room based on Auto Data comparison of 124 vehicles in the compact class (according to AIAMC). ASee your dealer for eligible vehicles and full details of the Graduate Rebate Program. ††Hyundai's Comprehensive Limited Warranty coverage covers most vehicle components against defects in workmanship under normal use and maintenance conditions.